

Abstract

Title: Comparison of Rehabilitation Procedures in the Operative and Conservative Approach to Manage Chest deformity in Children

Aim: The aim of this thesis is to determine the efficacy of a conservative approach in the treatment of inverted chest and to compare the effect of therapy with the surgical approach.

Methodology of thesis: At the beginning of this project, a total of 9 children and adolescents ($n = 9$) from 10 years to 21 years of age (mean 15 years), male and female (8: 1) participated. All participants were diagnosed with thoracic deformity of pectus excavatum, which was not indicated for surgery. At the beginning of the project, all probands passed an initial examination, which included an obtaining of anthropometric values using a pelvimeter and a tailor's meter, to assess the anthropometric index and chest circumferences during breathing. Subsequently, a rehabilitation instructions have been given to all participants and all participants have obtained a printed version of these exercises.

Results: The results of this study show that in patients with pectus excavatum, the regular and long term exercises, can bring the expected positive results. Especially in subjective complaints, chest flexibility and postural improvement. The final effect of thoracic deformity changes after 3 months of follow up have not been evident.

Key words: thoracic deformity, pectus excavatum, posture, anthropometry, conservative approach